



Monthly Matters from The Maple Center

March 2010



1801 North Sixth Street, Suite 600, Terre Haute, IN 47804

Phone (812) 234-8733

Cheers to Good Health Success

The Maple Center Board of Directors would like to extend our gratitude to the community for supporting our fourth annual *Cheers to Good Health* fundraiser. The event was held at The Ohio Building on Feb. 13th with a nice dinner catered by Patrick's Catering. Music and dancing was enjoyed by all thanks to The MacDaddys band.

A special thanks to Simply Decadent for providing the chocolate fountain and for your continued support, as well as to Baesler's Market for providing their delicious wine and expert sommeliers. A special thanks to Reggie McConnell of Baesler's Market for coordinating the wine tasting. We extend our gratitude to Clabber Girl, Gordon Foods and ALDI for their generous donations of delicious food items for the chocolate fountain and to the Rose - Hulman ATO Fraternity for their assistance at the event.

A heartfelt sincere thank you to Cory Jones and Kendall-Jackson Winery for the donation of an all-expense paid trip to California Wine Country. Nellie Simbol had the winning raffle ticket. Congratulations Nellie!!!

We had many generous donations to our silent auctions, too numerous to mention everyone-thank you! The lovely décor was created under the direction of Chris McCormick and Katy Harden. This year's fundraiser raised almost \$10,000 for our wonderful non-profit.

The Maple Center is a non-profit focusing on optimal health through integrative medicine and health education. Learn more at The Maple Center web site www.themaplecenter.org.

Mark your calendars for next year's event!!

Cheers to Good Health

Saturday, February 12, 2011

**See you next year!!
Vanta Black and Annette Alexander
Fundraiser Planning Committee Chairs
The Maple Center Board Members**



Chris McCormick with
Kevin and Stacie Marlin at
Cheers to Good Health



Chocolate Fountain by
Simply Decadent



Nellie Simbol with her
granddaughter, son and the
winning ticket for the
Wine Country Weekend Raffle
donated by Kendall-Jackson
Family Estates



The Maple Center

Calendar Connection

Integrative Medical Consultation and Medical Acupuncture

Mondays through Fridays noon
By Appointment
Kathleen A. Stienstra, MD

Pain Care Services

Mondays
By Appointment
Michael Tindera, PA-C

Clinical Appointments Call 812-235-4867

Natural Childbirth Classes

2nd and 3rd Saturdays Monthly
1-4 PM, Fee \$50.00
Annette Alexander, Doula

For Registration Call The Maple Center 812-234-8733

Music Therapy

Wednesday Afternoons
By Appointment
Fee: \$50.00
50 Minute Session
Tracy Richardson, MS, MT-BC

Call 812-249-4290

Healing Touch

Tuesdays and Fridays
By Appointment
Margaret Moga, PhD
Call 812-240-3302

Mindful Moments for Everyday Living: Robin Wisdom



We are rapidly approaching a change of season: moving from Winter's solitude to Spring's rebirth of growth and sound. An early harbinger of Spring, with its joyful "Cheerup" call, is the Robin that reminds us to be joyful in that rebirth.

As you wake each morning, take a moment while still in bed, to meditate on the silence of transition from night to morning. Take three deep breaths: and think "I am at Peace."

As you begin your daily activities, take a moment to look around – like the Robin, and find joy in Nature's changes. Listen to the songs of our feathered friends; and be thankful for the absence of "*The Silent Spring*."

Take three deep breaths: and give thanks for renewal of the season and the day.

Robin medicine focuses on renewal by letting go of the negative thoughts of the past. Like Nature, we need to renew by letting go of the past, so we are ready for new growth in the present. Set aside time each day to let go and focus on your growth in the present moment.

As the new season approaches, remember that we are stewards and guardians of Mother Earth. Set aside time each day to care for Mother Earth.

Recycle, Rejoice.

Take three deep breaths: and Repeat aloud "I am at Peace" three times.

Choose to enjoy a mindful moment in your life every day.

"Be like the bird, who halting in his flight on a limb too slight feels it give away beneath him yet sings, knowing he has wings."

Victor Hugo

Robin's "Cheerup" Song

<http://www.birdjam.com/birdsong.php?id=1>

Silent Spring Link

http://en.wikipedia.org/wiki/Silent_Spring



Submitted by

Roy W. Geib, PhD

Alvin S. Levine Professor of Microbiology & Immunology

Professor of Pathology & Laboratory Medicine

The Maple Center Board Member

Prenatal Breastfeeding Education



Breastfeeding is a natural instinct. A pregnant woman should familiarize herself with breastfeeding basics as part of her prenatal care.

I have breastfed my three children. With each pregnancy I attended a breastfeeding class that I had found through WIC, and my OB office. I feel that the classes were the key to my successful breastfeeding experiences. No one in my family had ever breastfed and I met resistance from my Mother. I just knew that it was something I felt compelled to do. Therefore I read every book I could get my hands on to educate myself.



So when my daughter was pregnant, I talked with her as if there were no other way to feed her baby. I attended a class with her, I guess to make sure nothing had changed over the years. She was a teen Mom and breastfed successfully for over a year. She had such a great breastfeeding experience she has gone onto be a Certified Lactation Counselor.

Last year she gave birth to her second daughter after getting her Lactation Counselor certification. Again I was there for the birth and witnessed the most amazing



breastfeeding experience ever. The baby was delivered drug free just as before, but this time baby was put straight onto my daughter's chest before the cord was cut, and was allowed to stay skin to skin for an hour. This tiny little 7 pound baby lifted her head and went to the breast all on her own! It was so amazing, although it shouldn't be. All God's creatures do this after birth. Unfortunately human babies are not always allowed to do what comes naturally to them. Society has made breastfeeding seem like a science vs. natural instinct.

Breastfeeding can be successful and gratifying with or without family support. It does take a little education on the mother's part, but baby doesn't need education to know what comes natural if nature does not encounter any interference.

***Submitted by Dawn Enochs
Breastfeeding Coalition Member***

**Breastfeeding Coalition of the
Wabash Valley
Meeting: 1st Monday of Each Month
5:30 PM
The Maple Center**

VEGETARIAN CHILI



2 cans of tomato sauce
2 cans of diced tomatoes
1 large onion, diced
3 cloves of garlic, minced
2 bell peppers, 1 red & 1 green, diced
2 teaspoons garlic powder
2 tablespoons + fresh chili powder
2 tablespoons of cumin
¼ cup Worcestershire sauce (or 5-6 sprays of Braggs Amino Acid)
¼ cup dill pickle juice and/or apple cider vinegar
1 fresh tomato diced
3 packages Boca or Morningstar Crumbles
2 cans dark red chili beans

Using a large pot put in tomato sauce and diced tomatoes and start heating on medium-low heat.

Sauté diced onions, garlic and peppers until soft, about 10 minutes. Add to the tomato pot. Stir.

Add all the seasonings and spices. Taste occasionally to see what may be needed. Add Crumbles and beans. Let it simmer for 15-20 minutes and serve with sharp (or veggie cheese) and crackers.

Variations () given above are for CHIP participants.

**Submitted by
Lana Taylor, MS, RD**

Maternal Health Clinic Update

The Union Hospital Maternal Health Clinic is celebrating its 5th year in our location at One Professional Centre. We have a full staff with Marcee Everly, CNM, Helen Beane, CNM, Mickey Phelps, LPN, and Rachel Foster, sonographer joining us within the past year.

Centering Pregnancy Prenatal Care was initiated again and groups of expectant families are coming together for care to learn and discuss various educational topics such as breastfeeding, labor and birth, relaxation, and baby care. We recently received word that we are the recipients of a March of Dimes Community Chapter Grant to provide Centering Pregnancy at the Maternal Health Clinic and educational programs with the Minority Health Coalition of Vigo County.

Our incentive program has grown, and our clients have taken advantage of the opportunity to get free baby and household items from The Helping Hands organization for choosing healthy behaviors.

We have displayed our services at several local health fairs, and educational programs. Anne Mishler, CNM and Dr Kathleen Stienstra have spoken within the community on pertinent topics related to healthy families and birth to gain exposure for the clinic. With the help from a grant from the Lilly Foundation, a program for families was presented at the Landsbaum Center for Health Education.

The Baby Blanket drive was very successful, and our babies are certainly "Wrapped in Love." We had over 100 blankets donated, many of which came from Union Hospital employees.

We continue to work very closely with the Family Medicine Residency Program. Doctors from this program come to the clinic daily to provide continuity maternity care.

Our biggest change is that the midwife practice of Anne Mishler, Helen Beane, and Marcee Everly is now located at the Maternal Health Clinic location of Suite 200 of One Professional Centre. The practice will now be known as **Heartland Midwives**. Their services include:

- ❖ Full scope midwifery care including annual well woman exams, routine GYN care, preconception, prenatal, birth, and postpartum care
- ❖ The same patient centered care with focus on the need for health, wellness, and learning
- ❖ Expanded appointment times
- ❖ Exciting new classes and care including Centering Pregnancy
- ❖ Greater efficiency in responding to calls and concerns due to midwives being at the clinic every day

The office is now open on Friday mornings to accommodate the needs of our clients.

Submitted by Mary Huffman, RN, BSN, MSM, ICCE



The Maple Center
Nonprofit Office
Introduces
Administrative Assistant



Mary Darlene May

My name is Mary May. I live in Marshall, Illinois where I grew up. I have a significant other of six years, Joseph. I have two sons, Jason and Christopher and Joseph has three sons, and one daughter; Joey, Nathan, Kristi, and Ben who all live in Minnesota. We have four grandchildren, Makayla (1 1/2), Bryce (1), James (11 mo.), and Branson (2 mo.), all in Minnesota.

I enjoy reading, crocheting, hand quilting and spending time with family and friends and three mini-pins, Dakota, Sierra, and Briscoe.

I previously worked at TRW in Marshall, Illinois for 25 years. I started on the manufacturing floor and with continuing education and was the Administrative Assistant for the Manufacturing Manager.

I look forward to an exciting career at The Maple Center.

**Submitted by
Mary Darlene May**

Administrative
Assistant

The Maple Center

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**BROWSE THE JOHN BLACK MEMORIAL
LIBRARY: Book Review**

Have you ever been hurt and wished you could have expressed yourself better? Would you like to express your anger in a more constructive way? Would you like some ideas about how to warm up your relationship?

Harriet Lerner, in **The Dance of Connection**, uses her relationships in her personal and professional life as a psychotherapist to help us wend our way through everyday relationships. She gives the reader tools for helping to change their part in a polarized situation especially when the "goal is to enhance rather than to diminish the self and other and to test out what's possible in a relationship".

Chapter Six should have been named "Doing the 'Two Step' "and if you can only read one chapter that is the one.

**Submitted by
Kathy Hackleman, Retired Librarian
Vigo County Public Library**

"Our spiritual journeys are not about trying to become perfect--- they are about trying to become transparent and real before God and each other. Only when we relate to each other without pretense can we hope to be loved for who we truly are."
Bishop Catherine Waynick

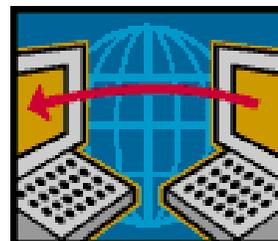


**How do I find books from
The Maple Center
Collection?**

If you click on the link available on the John Black Memorial Library's page or copy and paste the following link, you will be taken to the collection directly:

<http://www.google.com/books?hl=en&uid=4611478877290630623>

When you get there, you will have the option of search within just the Maple Center's collection, or the entire world of Google Book.





Gardening 101 – Ready, Set, Go... with the Greens

I hope you enjoyed the article last month. Since it's still too early to get out and dig in the dirt I, once again, encourage you to get a hot beverage as we talk about upcoming plans for the garden. I thought this month we could talk about crops that prefer cool weather because some of these need to be planted 4 to 6 weeks before our last frost date. Since according to the 2010 farmer's almanac the average last frost date this year is April 17th now is a good time to be gathering seeds and deciding what to grow. I would like to encourage you to try planting at least one or two leafy green vegetables. Although there are many to choose from such as spinach, Swiss chard, turnip greens, kale, collards, rape and mustard. I want to focus on kale and Swiss chard at this time.

Kale is a member of the cabbage family and is very cold tolerant. My favorite variety (heirloom, of course ☺) is called **Red Russian**. The leaves look like oak leaves, are grayish green with deep purple veins and stems. It generally is ready to start harvesting 60 days after planting the seed. It is

extremely tender and can be harvested over several weeks. It is best to pick the leaves when small to medium size for the best flavor. It will start to go to seed when the weather starts to warm past 75 degrees.

Swiss chard is often called leaf beet and perpetual spinach. It actually is a variation of the common beet that's grown for its large juicy leaves. It is as mild flavored as spinach and it withstands heat better than any other greens so it's a good choice for spring, fall or summer. A popular variety is called **Bright Lights**. This variety has stalks that are pink, yellow, orange, red and white. It's very tender and tasty. Like kale, it also is ready to harvest 60 days after planting.

According to the Farmer's almanac both kale and Swiss chard can be planted from seed starting on March 10th of this year. Like we talked about last month start with just one short row of each that can be well managed and not go to waste when ready to harvest. These crops will grow best if aged manure or compost is worked into the row before planting the seeds. Since you will have a short row you can supply these items by buying them in bags at garden centers if necessary. Plant the seeds according to the spacing directions on the packages. After the plants are about 6 inches tall they should be thinned to 18 inches apart to promote the best growth and deter pests and diseases. After harvesting, the simplest way to enjoy these greens is to boil or steam them in water until they are tender (approximately 5 minutes) and then lightly season to taste with healthful items such as salt,



pepper, olive oil, garlic or chopped onions. They also are frequently added to soups and casseroles.

Lastly, I would like to share why I'm encouraging you to try these vegetables. All leafy greens are extremely high in vitamins and minerals. Except for carrots, greens give you more Vitamin A than other vegetables. Vitamin A is a source of beta-carotene which is a cancer fighting substance. Greens are chock full of the B-complex vitamins and have more Vitamin C per ounce than orange juice. They may also be the best single source of many healthful minerals even having more calcium by weight than cow's milk. They are high in protein, low in fat and very high in fiber which also has been shown in various studies to help prevent cancer.

Until next time...here's **to greens** and health!



**Submitted by Karen Cunningham, LPT
The Maple Center Board Member**

I welcome your comments or suggestions.
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